

## The Beauty Spot

*We are delighted to introduce a regular new feature by Heather Edwards.*

Your skin gets as thirsty as you do during the summer months and therefore needs hydrating. Clinique's Moisture Surge is an excellent example of the type of product to use. It has a gel-like consistency that will lock and hold moisture into the skin. A dry or oily skin can also suffer from dehydration, due to lack of moisture not oil. Dehydration tends to occur if you're out of doors, work in an air-conditioned office or suffering from the after-effects of too much sun. A facial is another good way of helping the skin recover from the summer and preparing it for the autumn; it's an excellent way to have some 'me time' and a well deserved pamper, especially for Mums whose children have gone back to school or Grandmas who have had them to stay!



### Body

To keep that tan lasting, use a body exfoliation product or body brush. This will really brighten your tan and get rid of those dry dead skin cells that look dull and scaly. After exfoliation it's important to use a good body moisturiser; one with cocoa butter will help to hydrate and aloe will help to soothe and comfort skin that has been over exposed to the sun. A great way to keep your tan going is to use self tan, there are different options available. Have it done professionally at a good salon to get to those hard to reach areas. (Not available at The Beauty Room). The shops have a wide variety to choose from. Garnier and L'Oréal seem to be the best at the more reasonably priced end of the market. I have found L'Oréal's

sublime bronze airbrush effect self-tanning dry mist excellent, it's easy to use and develops a nice natural colour. At the upper end, Clarins also has a good range. For a much more subtle look and gradual build of colour, there are body lotions with self tan; once again L'Oréal and Garnier seem to come out the best.

### Make-up

Use a light application for a natural look, with a tinted moisturiser all over the face.

A gentle sweep over the face with a bronzer using a large brush will give you a sun-kissed look or just on the apple of your cheek for a more subtle look.

Keep eyes soft, emphasize with an eye pencil; grey or dark purple gives a good look to all ages or use a fine line of eye shadow to give a softer look. Across the lid use a soft pink, lavender or grey depending on your skin colour and what suits you. Just a little mascara or, for a more natural look, use a clear mascara if you have dark lashes or, for pale lashes, have a lash tint at a salon to dye them black or brown. Excellent to have this done if you're going on holiday. Lips look great with a bit of gloss and feel good too if they are dry and dehydrated.

*Next month I will be focusing on hand and foot care so please email any questions you have and I will do my best to answer your queries in the next issue of the magazine.*

email [heather@beautybyheather.co.uk](mailto:heather@beautybyheather.co.uk)

**Heather Edwards**

**The Beauty Room**

**Milton under Wychwood**

**01993 832446**